



Arden Greenspan

Arden is a seasoned LCSW and is a Board Certified Diplomat in Clinical Social work. She is a Certified Eating Disorder Specialist and Supervisor through IAEDP. Arden had been honored to be working with the distinguished team of professionals at Eating Disorder Treatment Collaborative / F.E.E.D. facilitating and leading two 10-week eating disorder support groups as well as seeing individual clients. She is currently seeing a trauma informed evidence-based group of women in the fifth iteration of her emotional eating, binge eating group.

Arden has an evidence based, integrative, psycho-dynamic, intuitive and compassionate approach as a psychotherapist and group leader. Always the “student of life”, she is curious and open to learning and refining her skill set. Periodically, she leads a workshop for clinicians on “Mindful self-care, YOU are your MOST significant other.” She is the author of the book, What Do You Expect? She’s a Teenager! A Hope and Happiness Guide for Moms with Daughters Age 11-19 (Sourcebooks, 2011).

She earned a Masters in Social Work from Hunter College, completed five years of post-masters training at the National Institute for the Psychotherapies, where she earned a certificate in Comprehensive Psychotherapy and a Certificate in the Supervision of Psychotherapy & Psychoanalysis. She is a member of IAEDP, N.A.S.W. and SAG/AFTRA., as well as formerly serving on the Rockland County Eating Disorder Task Force. She was also President of the Rockland County Chapter of the NYS Society for Clinical Social Work Psychotherapists. Arden loves nature walking by the Hudson River and the Ocean. She loves singing and is most appreciative and grateful for sunrises and sunsets. She is the consummate dance aficionado. She adores her granddaughter Mia and she’s anticipating another granddaughter eminently.